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Courtesy of Kevin Curry @fitmencook

Asian Ramen Peanut Chicken Wrap

Ingredients:

Whole-wheat wrap, 1 (10-inch)
Chicken breast, cooked, 5 oz.
Uncooked ramen noodles, crushed, 2 tbsp
Baby bok choy, 1 bunch
Broccoli slaw, 2/3 cup
Purple cabbage, raw, 1/3 cup
Cucumber, 1/3 cup
Fresh cilantro, to taste

Spicy Peanut Dressing:

Powdered peanut butter, 2 tbsp
Water, 3 tbsp (or enough to make the sauce less thick)
Low-sodium soy sauce, 1-1/2 tsp
Raw honey, 1 tsp
Ginger paste, 1 tsp
Chili garlic sauce, 1 tsp
Chinese 5 spice, 1/2 tsp

Directions:

1. In a bowl, mix together the ingredients for the peanut dressing, and season to taste with sea salt and pepper.
2. Place all the salad ingredients on a large cutting sheet. Using the longest, sharpest knife you have, chop the salad to desired thickness.
3. Once the salad is chopped, put it in a mixing bowl, then add the peanut dressing. Mix the salad together with a spatula, then place some of the contents on a whole-wheat tortilla. Fold in the sides, and tightly roll up the wrap.
4. Enjoy any leftover chopped salad by itself!